



TIP OF THE SWORD

Feb. 27, 2004

Incirlik Air Base, Turkey

Base exercise sharpens warfighting skills

TIP OF THE SWORD

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Photo by Senior Airman James Seymore III

Tech. Sgt. Jeremy Sutfin, 39th Security Forces Squadron Alpha Flight flight chief, checks phone lines Tuesday during a simulated hostage situation in Eagle Housing. For related story, see Page 3.

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39 SFS augments its forces during exercise

By 2nd Lt. Elizabeth Culbertson
39th Air Base Group Public Affairs

This week, dozens of Incirlik military members from various career fields got to test their skill at something new — law enforcement. The base's attack response exercise demanded additional security forces personnel to help people through transition points, act as runners and direct traffic.

"The augmentees were our direct link to the base populace," said Capt. James Hodges, 39th Security Forces Squadron operations officer. "They contributed greatly to our success by acting as our eyes and ears among the people."

Because of the unique roles and responsibilities filled by security forces people and the additional manning requirements generated by exercises of this type, they need augmentation from other units throughout base to help with the increase in posting that comes with major accidents and attack scenarios.

This is why units on base were tasked by the commander to provide people to augment security forces.

"The jobs that the augmentees performed are not those that would require an armed security forces member," said Capt. Hodges. "Instead, we needed them to convey instructions and act as liaisons between the squadron leadership and base personnel."

Augmentees received job training from security forces personnel prior to taking to the field and were issued flak vests. Training included



Photo by Airman 1st Class Dallas Edwards

39th Security Forces Squadron augmentees relay information Thursday during a reconnaissance sweep.

explanations of host nation sensitivities and how to respond to non-violent incidents.

"A lot of our work is reacting to inputs and thinking on your feet," explained Capt. Hodges. "The augmentees helped us tremendously by giving clear, concise instructions to the base. Without them, we could not have accomplished our mission."

Put to the test



Photos by Senior Airman James Seymore III

(Top) A hazardous material decontamination team from the fire department decontaminates a firefighter at a checkpoint after a simulated chlorine leak. **(Right)** Turkish firefighters assist each other during the decontamination process. The firefighters were participants in a week-long basewide exercise Monday through Thursday. The exercise put base people to the test, as they practiced a variety of scenarios including hostage situations, ground attacks, mortar attack and water contamination.



Combat Care



USAFE program helps families during deployments

By Tech. Sgt. Melissa Phillips
39th Air Base Group Public Affairs

Staff Sgt. Regina Brown, 39th Air Base Group historian, has a lot of experience being left behind for deployments. What she doesn't have is experience being the one who leaves her family behind, as she prepares for a three-month TDY.

However, a new U.S. Air Force's in Europe program, called Combat Care, is helping her and other active duty members adjust by keeping her and others families more involved and better informed about the member's impending TDY to ease the separation process.

The program is one less worry she has to think about after days filled running around base collecting orders, plane tickets and attending a million out-processing appointments.

The program, instituted by USAFE Commander Gen. Robert H. "Doc" Foglesong, is designed to improve the care, attention and information flow to spouses and families, build resiliency, and create a sense of community among those coping with deployments.

"It makes me feel better knowing they have a program and my family won't be forgotten about," said Staff Sgt. Regina Brown.

Her husband, Tech. Sgt. Michael Brown, 728th Air Mobility Squadron chief of safety, returned from Southwest Asia in September and was on three long-term TDYs since the couple was married two-and-a-half years ago.

"Now, it's his turn to watch the kids," said Sergeant Regina Brown, who hasn't been away from their three children - ages 13, 9 and 4 - for more than two weeks at a time.

Sergeant Michael Brown is a little apprehensive about how to explain to his children that their daily pattern will change, especially to a 4-year-old who needs mom to kiss her scrapes back to health. This is where Combat Care helps as well.

The Combat Care coordinator compiles data from various helping agencies and provides information packets, which include coloring books, about how to best ease adults and children's fears by explaining the common feelings families may transition through during the separation.

The coloring books are a fun way to let children know that they're not alone and other children also have to hug a parent



Photo by Airman 1st Class Dallas Edwards

Master Sgt. Alicinne Peebles, family support center readiness NCO in charge, gives Staff Sgt. Regina Brown, base historian; Tech. Sgt. Michael Brown, 728th Air Mobility Squadron safety chief; and their 3-year-old daughter, Katherine, a predeployment briefing.

goodbye for a few months, according to Master Sgt. Alicinne Peebles, family support center readiness NCO in charge.

She makes initial contact with the deploying member and family, checks up on the family throughout the TDY, provide basic counseling (with support from the base chapel) on what to expect after the TDY, and surveys the member and family to help the family support center improve the process for future families.

One of the most well liked aspects of Combat Care is the "goody" package given to members at the initial meeting, according to Sergeant Peebles. It includes USAFE and base checklists, free phone cards, stationary and stickers, and phone books to write unit contact information and emergency data.

"The checklists are a good memory jogger to make sure your spouse knows where the extra set of keys and the safety deposit box are located," Sergeant Peebles said. "It gives you a chance to personalize your information so your family can temporarily function without you around."

The family support center also encourages spouses and children to mingle with others in the same situation. They recently held a movie session and plan to host a spouse's return coffee.

"If you can get two or three spouses to-

gether in the same room, they quickly start to say, 'Hey, how that family handled that isn't such a bad idea, and hey, they're going through this as well,'" Sergeant Peebles said.

"Social events empower the spouse. She no longer feels like she has to sit at home and wait for the member to return to enjoy life again," she added.

Sergeant Peebles is quick to point out the events are more than just gatherings, they are a way for military families to support each other and make new friends.

First sergeants and supervisors are also encouraged to pitch in by checking on the spouse left behind.

"Some people are shy and won't ask for help," Sergeant Michael Brown said. "It's important to show families they matter, not to just call them because it's a checklist item."

"Combat Care is a morale booster," he added. "We say, 'we are one big family in the Air Force,' so spouses shouldn't have to go through a deployment alone. If one member of the team needs help, the other members of the team should pitch in."

The family support center is looking for volunteers to help take spouses of deployed members on day trips and form a deployed spouse network. For more information or to volunteer, contact Sergeant Peebles at 6-6755.

Servicemembers can speed up process to obtain U.S. citizenship

By **Gerry J. Gilmore**
American Forces Press Service

WASHINGTON (AFPN) — Foreign-born servicemembers can now speed up the process to obtain American citizenship.

The immediate eligibility for servicemembers to become a naturalized citizen is based on Executive Order 13269 signed by President Bush on July 3, 2002. Section 329 of the eight U.S. code allows the president to authorize expedited citizenship during periods in which the United States is engaged in armed conflict with a hostile foreign force.

For example, servicemembers who have served honorably for any period of time beginning on or after Sept. 11, 2001, are eligible to apply for expedited U.S. citizenship, Col. Michael Pachuta said. He is the director of the Department of Defense's Morale, Welfare and Recreation policy office.

The peacetime waiting period is shortened to one year of honorable service, thanks to the fiscal 2004 National Defense Authorization Act. Before the executive order, the peacetime waiting period was three years of honorable mili-

tary service, Colonel Pachuta said.

Beginning Oct. 1, the new law allows for U.S. citizenship applications to be finalized at U.S. embassies, consulates and selected military installations overseas, to include citizenship interviews, testing and oaths of allegiance, he said. Also effective Oct. 1, the new law waives the \$310 citizenship application and fingerprint fee.

The new law also provides sped-up avenues for the non-U.S.-citizen spouses, children and parents of servicemembers who have died as a result of service in combat to obtain "immediate relative" alien status.

The new citizenship application rules cover active-duty servicemembers and National Guard and Reserve people who are classified as members of the Selected Reserve of the Ready Reserve.

Airmen seeking to become naturalized U.S. citizens under the expedited process can apply through the military personnel office. Call MPF customer service at 6-3280.

For more information, people can go to the U.S. Citizenship and Immigration Services Web site at <http://uscis.gov>.



IN
BRIEF

Patriot Express cancellation

Air Mobility Command officials temporarily cancelled several Patriot Express missions between the United States and Europe to use those aircraft to fill requirements for the massive Southwest Asia rotation of forces. March will bring the cancellation of five missions March 1 through 14 from Atlanta and BWI to Rhein-Main, Mildenhall and Aviano, and return. As a result, Patriot Express missions for Incirlik are cancelled Sunday, March 7 and 14. For more information, call Staff Sgt. Ruben Villarreal, 39th Logistics Readiness Squadron passenger travel NCO in charge, at 6-6520.

Safe maintenance

People who need their safe repaired or combination change should call 6-7008. For more information, call Larry Daugherty, safe maintenance supervisor, at 6-6965.

39th LRS closures

The 39th Logistics Readiness Squadron Individual Equipment Unit will be closed for inventory through Tuesday and the base service story will be closed until March 9. Emergency issue requests will be based on urgency of need. For more information, call 6-6538 or 6-8308.

Club dues

Beginning April 1, the Air Force is standardizing club dues for airman basics through senior airmen. For the first year after graduating from technical school, club dues will be free. After the first year, the dues will be between \$2 and \$4. Current club members will be charged the new reduced rates.

Airman of the year

The fourth annual Air Force Times AT&T "Airman of the Year" award nominations are due April 7. The award recognized the airman who best embodies the finest qualities of the men and women serving in today's Air Force. Nominations can be made online at www.airforcetimes.com/airman, e-mailed to airman@airforcetimes.com, faxed to (703) 642-7325 or mailed to Air Force Times "Airman of the Year" Award, Air Force Times, 6883 Commercial Drive, Springfield, Va., 22159.



LAW AND ORDER

January and February Article 15s

A senior airman received nonjudicial punishment for violating Article 90 of the Uniform Code of Military Justice for failing to obey a lawful command to avoid contact with another member of the unit unless it was duty related. The airman's punishment included reduction to airman first class and a reprimand.

A senior airman received nonjudicial punishment for violating Articles 86 and 92 of the UCMJ by failing to go to an appointed place of duty and disobeying a lawful order. The airman's punishment included reduction to airman first class, suspended forfeiture of \$150 pay per month for two months and a reprimand.

A senior airman received nonjudicial punishment for violating Article 92 of the UCMJ

for dereliction of duty. The airman wrongfully and willfully used a government owned telephone for personal use to make unauthorized long-distance telephone calls. The airman received a suspended reduction in one grade, forfeiture of \$200 pay per month for two months, restriction to the base for 30 days and 15 days extra duty.

An airman first class received nonjudicial punishment for violating Article 113 of the UCMJ by sleeping on post while receiving special pay. The airman's punishment included reduction to the grade of airman, restriction to the base for 30 days, 30 days extra duty and a reprimand.

For more information about the military justice system, call the 39th Air Base Group Legal Office military justice section at 6-6627.

Bridging the gap



Americans, Turks find common ground through conversation

By Staff Sgt. Elaine Aviles
39th Air Base Group Public Affairs

Divided by cultural beliefs and thousands of miles, the gap between U.S. and Turkish people may appear, at first, somewhat insurmountable.

Tech Sgt. Norvel Brown, however, recently found a surprisingly simple connection — conversation.

Although a 728th Air Mobility Squadron Air Terminal Operations Center senior controller by trade, as a volunteer at Incirlik's English Language Training Center, Sergeant Brown's job is to talk with Turkish people.

His topics range from the finer points of American football to the latest action flicks. Although seemingly trivial, the topics are less important than the purpose behind the discussions, training center instructors said.

"The volunteers help students learn to speak, write and read English better," said Turkish Chief Master Sgt. Saffet Aktuna, English instructor. "By talking with the volunteers, the students can learn proper grammar and pronunciation and improve their vocabulary."

This knowledge is vital for the students. Every Turkish person on base, from sergeants to civilian workers, is required to pass the full-time English language course, which runs six hours a day, five days a week, for nine months. The culmination of the class is passing the English Comprehension Level test, a Department of Defense test



Photos by Airman 1st Class Dallas Edwards

Turkish Senior Master Sgt. A. Sami Tekin, English instructor, reviews vocabulary Wednesday with Turkish Master Sgt. Halis Alkan, a maintenance squadron plans and programmer, at the English Language Training Center.

used to assess English language proficiency. The test is used in more than 110 countries, as well as the United States, according to the Defense Language Institute English Language Center Web site.

"The students' only job is to pass the ECL," Chief Aktuna said. "Once they complete the course, they resume their normal duties."

These duties include everything from aircraft maintenance and civil engineering to customer service and contracting.

"It's impossible to function on this base without English knowledge," Chief Aktuna said. "Maintainers have to read technical orders and customer service people have to review English documents. Without this knowledge, they won't be successful."

Throughout the course, the students read 48 books, listen to tapes and practice writing. But their greatest leaps in knowledge spring out of conversations with American volunteers, students said.

"Speaking with Americans is very useful for us," said Turkish Senior Master Sgt. Ahsen Seskiner, 10th Tanker Base aircraft mechanic. "We need help with pronunciation. It helps us to better understand the English language."

Turkish Master Sgt. Halis Alkan, a maintenance squadron plans and programmer, particularly enjoys hearing about American sports, including ice hockey and basketball.

"I've learned a lot about American culture," he said. "I find it very interesting. That's the part I most enjoy."

Although the students are the most obvious recipients of knowledge, the American volunteers said they also benefit from the exchange.

"I learn a lot, too," Sergeant Brown said. "The Turkish students have a good grasp of the English language, but sometimes I have to look up a word they use. It's helping my (English) vocabulary."

"But more than just an exchange of words, our conversations are an exchange of experiences," he continued. "I've enjoyed learning about Turkish language and culture."

The school is seeking more steady volunteers. Instructors hope to eventually have enough Americans for one-on-one conversations.

For more information or to volunteer for this or other Hidden Heroes volunteer opportunities, call the family support center at 6-6755.



Airman 1st Class David Larva, AFN-Incirlik broadcaster and English Language Training Center volunteer, discusses sports Wednesday with Turkish sergeants at the center.

Waist measurement reflects overall health

By Staff Sgt. C. Todd Lopez
Air Force Print News

The waist-measurement portion of the Air Force's new fitness standard serves as a gauge for total health, said the Air Force chief of health promotion operations.

"The waist measurement is used to determine visceral or intra-abdominal fat," said Maj. Lisa Schmidt. Air Force officials chose this measurement because there is ample evidence that links an increase in visceral fat with an increase in risk for disease.

"When we looked at developing health-based standards, we reviewed a lot of literature of the best ways to predict health risks for members, and abdominal circumference kept surfacing," Schmidt said. "With more abdominal fat, you have more risk for diabetes, heart disease, stroke and some types of cancer."

Agencies like the American Medical Association and the National Institute of Health have produced such studies, Schmidt said.

Individuals can perform the measurement on themselves by using a tape measure, she said. The measurement is taken with the tape wrapped around the abdomen above the right iliac crest, or right above the top of the right hip bone, while ensuring the loop created by the tape remains parallel to the floor. The measurement is taken the same way for both males and females.

Air Force officials use two tables for measuring waists, one for males and one for fe-



Photo by Airman 1st Class Dallas Edwards

Jim Johnston, 39th Medical Squadron clinical coordinator, measures Tech. Sgt. Glenn Languirand, 39th Civil Engineer Squadron quality assurance evaluator, to ensure he meets Air Force standards.

males, Schmidt said. There are no variations in regards to height or age.

"The risk for disease is independent of your height," Schmidt said. "Other things considered, if you are 5 foot 2 inches tall or you are 6 foot 2 inches tall, your risk for dis-

ease is the same if you have a 40-inch waist. The same applies with your age. If you are 20 years old or 50 years old, the risk is the same based on waist measurements."

Additionally, unlike other body parts, the size of the waist does not grow proportionally with height, Schmidt said.

"As you get taller, it isn't as if you grow out as well," Schmidt said. "It is not proportional growth. The area you are measuring does not include any bone."

While there is no variance allowed for height when it comes to waist measurements, it is important to consider the fitness evaluation as a whole in regards to the total-fitness score, Schmidt said.

"When you look at the fitness score, it is a composite score," Schmidt said. "If you have a 20-year-old and a 50-year-old, both with a 39-inch waist, they are going to get the same points for abdominal circumference. However, that 20-year-old is going to have to run faster and do more crunches and more pushups to get the same composite score as the 50-year-old."

For airmen who have determined they are not within an acceptable range, there is hope, she said. Visceral fat is generally the first to go when people begin an exercise program. It may take several months of running, crunches and weight lifting to knock an inch or two off the waist circumference, but that effort pays off in more than just a few points gained on the waist-measurement portion of the evaluation, Schmidt said.

For more information about Air Force fitness standards or to start a program, call the health and wellness center at 6-8256.



ON DECK

Volunteer coaches — The youth center needs volunteers to coach youth baseball. The season runs from April 17 to June 12. To volunteer, stop by the youth center and pick up a volunteer packet. For more information, call Bo Benton, recreation specialist, at 6-6670.

Youth registration — Sign ups for baseball, softball and T-ball registration for ages 5

to 18 run through Saturday. Cost is \$30 for youth center members and \$35 for non-members. Volunteer coaches are needed. For more information, call 6-6670.

Rugby — Rugby enthusiasts meet Wednesdays at 6:30 p.m. and Saturdays at 5 p.m. at the high school sports field. Everyone is welcome. Instruction is provided for beginners. For more information, call the fitness center at 6-6086.

Skeet and trap shooting — Outdoor recreation offers skeet and trap shooting Tuesdays through Fridays by appointment. Open shooting begins Saturdays at 9 a.m. Cost is \$10 and includes shells and clays. For more information, call 6-6044.

Half-a-Nile rowing club — People get rewards for keeping a record of the miles they

row. There are two categories to qualify to win; 2,880,000 meters wins a T-shirt and 3,347,500 meters wins a windbreaker. For each amount accomplished in this program participants earn a T-shirt. Participants have up to a year to complete miles. For more information, call 6-6086.

Blood and guts club — People get rewards for lifting a predetermined amount of weights in the bench press, deadlift and squats to win T-shirts and windbreakers. Someone from the fitness center staff must witness the lift. For more information, call 6-6086.

Combat Hapkido — The fitness center sponsors Combat Hapkido Mondays and Wednesdays at 7:45 p.m. and Fridays at 6:30 p.m. Combat Hapkido is a self-defense art. For more information, call the fitness center at 6-6086.

ACTION
LINE

Col. Bill MacLure
39th Air Base Group Commander

Quick fix

Concern: My concern is about the vet clinic. I had my dog on the waiting list to be neutered for several months. When I signed him up, they gave me a waiting list number, but when I recently spoke with one of the vet technicians, the number was different. She said this is due to the veterinarian's frequent TDYs. There are currently 48 animals on the waiting list.

Would it be possible for a civilian veterinarian to be hired to work in the base veterinarian's absence or to even work several days of the week? I am sure this could alleviate some of the veterinarian's workload and provide better service to the Incirlik community when

the veterinarian is TDY.

Response: Thanks for contacting me about the vet clinic. Their backlog has grown over the past year as the veterinarian was heavily tasked with TDYs to inspect food facilities in Turkey and the Balkans, which is the veterinarian's No. 1 priority.

To start clearing the backlog in pet care, the Southern European Veterinary Detachment will deploy a team to Incirlik in March to perform the necessary operations. The vet clinic is contacting people on the waiting list, and we encourage others to call for an appointment.

As a long-term solution, we started the process to contract for a Turkish veterinarian to perform neutering services on a regular basis. This action must be coordinated with the Southern European Veterinary Detachment commander and will involve some training for the selected veterinarian.

Regarding the change in your waiting list number, the Incirlik veterinary office has neutered certain categories of animals when personnel were available, even if it did not follow the priority list exactly. Male animals and smaller animals can be neutered with less staff than female or large animals.

The vet clinic apologizes for any inconvenience. We are working hard to solve this ongoing problem.

People can also help by serving as a vet clinic volunteer. For more information or to volunteer, call the vet clinic at 6-3258. People can also call the clinic for off-base spaying and neutering options.

Common sense puts lid on cooking fires

By John Bailey

39th Civil Engineer Squadron fire chief

Incirlik recently experienced a rash of cooking fires, resulting in thousands of dollars of damage and numerous personal injuries.

The incidents could have been easily prevented if people had been more cautious, used common sense and knew how to safely put out a cooking fire.

Cooking fires account for thousands of injuries throughout the Air Force every year. The best way to deal with cooking fires is to prevent them from happening in the first place.

Here are some cooking safety tips:

- ♦ Cooking activities should be closely supervised and never left unattended. If you must leave the area, turn off all burners and heating elements.

- ♦ Cooking with oil is very dangerous. If using high heat to prepare oil, ensure everything is available for frying when the oil reaches the proper temperature. Hot oil is getting very close to its flash point when it begins to smoke. Turn down the heat immediately when this happens.

- ♦ Most cooking fires involve grease. Whether it's cooking oil, lard or melted fat from meats, grease is a flammable liquid, which ignites easily and burns rapidly. If grease ignites in a pan on the stove, turn off the heating element and smother the fire by sliding the lid or a larger pan on top of the burning pan. If a fire occurs in the oven, turn



Photo by Ali Ozyesil

The result of a kitchen grease fire in housing. People can help prevent personal injuries and damage to base housing by ensuring they and their maids attend fire safety training.

off the heat and leave the door closed to smother the flames. If these attempts are not successful, extinguish the fire with the portable fire extinguisher located in your housing unit. If this doesn't work, leave the house immediately and call the fire department from a neighbor's house.

It is very important to know what actions to avoid when attempting to extinguish grease fires. Unfortunately, the typical response to a grease fire is to carry the burn-

ing pan outside or pour water on it. Both actions are dead wrong. Never use water on a grease fire. Water will splatter the burning grease and spread the fire. Never attempt to carry the burning pan because you will probably burn your hand and arm if the burning grease spills as you carry it. Fight the fire where it starts and do not turn on the exhaust fan above the stove.

- ♦ Microwave cooking is also the culprit in many burn cases. When containers are removed from the microwave, they may not feel very hot, but high temperature steam may be trapped under the plastic wrap. To allow the steam to harmlessly escape, always open the wrap away from you while protecting your hands. Put a lid on cooking fires. Many burn injuries also occur because microwave ovens cook food from the inside out and the center of the food may be hot enough to cause serious burns to the mouth. Be extremely careful when serving young children food prepared in a microwave oven.

Remember to call the fire department even if you were successful in extinguishing a fire. Call the fire department at extension 911 or 117 for all fire emergencies. Commanders, first sergeants and supervisors must ensure all newly assigned people attend the required fire prevention training classes. The fire department also trains maids and other people hired to work in your home. For more information, call the 39th Civil Engineer Squadron Fire Prevention Office at 6-6974.



Photo by Airman 1st Class Dallas Edwards

A chef shaves cooked meat for a doner kebab at a local eatery. Doner kebabs are thin slices of meat placed on a pita bread with sliced lettuce, pickles and tomatoes, then rolled and served.

Fast food Turkish style

Question: “Fast food” is a major part of modern life. What Turkish foods are considered “fast food?”

Response: I think every nation, country and culture has fast food. The most common fast food locally is doner kebabs, but other fast foods are more common in different regions.

Doner kebabs are chunks of lamb or beef meat placed on a huge skewer, which looks like a cone. The meat cone spins vertically very slowly against an open flame.

While spinning, the meat becomes grilled and the cook cuts the grilled meat in thin slices with the help of a long knife. It looks as if the cook is shaving the cooked meat. The grilled meat is put on a pita (flat) bread with sliced lettuce, pickle and tomatoes, rolled and served. Sometimes you will see special baked sandwich bread used for doner.

If doner is served on a plate on pita bread with tomato sauce and yogurt, it is called **iskender**. Bursa, a city close to Istanbul, is the hometown of doner and iskender. On the corner of just about every big city, doner is cooked with chicken, which is more popular than lamb or beef.

Very few restaurants use coal or wood for doner. Instead, specially designed liquid petroleum gas doner grills are used everywhere.

Adana durum kebab is minced lamb meat placed around a wide skewer and cooked over coal fire. The meat is treated with salt and red pepper — hot pepper if you desire — before it is placed around the skewer. It takes skill to place the meat around the skewer to prevent it from falling into the fire. After cooking, the meat is put on pita bread, with sliced onion, parsley, tomato and lettuce. Then it is rolled in paper. A slice of lemon and a few pieces of radish are also added. You will see Adana durum kebab stands and modified push carts throughout Adana.

Sish kebab durum consists of pieces of chicken, lamb or beef on thinner skewers cooked on coal fire. They are cooked and served the same as Adana durum kebab.

Kofte ekmek is meatballs and bread found throughout Turkey. Meatballs are grilled on hot plates and served in half a loaf of bread. In addition to the meatballs, you can have sliced onion, hot spice, to-

ASK MEHMET



By Mehmet Birbiri, Host Nation Adviser

mato, salad and parsley. Kofte ekmek sellers conduct their business with modified push carts or vans.

Lahmacun is Turkish pizza. Minced lamb or beef is mixed with tomato, onion, salt, parsley and red pepper (mild or hot) and spread on a layer of thin dough. It is baked in the oven. It is served rolled with the option of parsley and lemon juice.

Kumpir is a recent fast food phenomenon common in big cities and favored mostly by young people. It is basically a baked potato. After baking and cutting the potato, cheese and salt are mixed in. Later, various ingredients can be added, such as mayonnaise, sliced green and black olives, pickles, peas, mushrooms, sausages and corn.

Gozleme is a very thin sheet of dough baked on a curved metal sheet. After baking the dough, it is filled with cheese, spinach or mince. The filler is treated with spices, especially red pepper. It is made fresh while customers watch. Women are frequently seen opening the dough and baking gozleme on open fires on the streets by the lake in Adana and in the streets of tourist areas. Sikma or bazlama are the other names for gozleme.

Simit is a Turkish doughnut. It is probably the most common and popular fast food in Turkey. Accompanied with a cup of tea, it is the main fast food for breakfast.

Ayran is the national non-alcoholic drink consumed with Turkish fast food items. It is a mixture of yogurt and water, and salt can also be added.

With a wide variety of fast food choices, people can enjoy local cuisine of many different types.

Do you have a question about something Turkish? Ask Mehmet. To submit a question, call 6-6060 or e-mail mehmet.birbiri@incirlik.af.mil.

In Turkish

yemek - food
(yea-mack)

et - meat
(at)

kuzu - lamb
(COO-ZOO)

dana - beef
(dah-nah)

THE INCIRLIK GUIDE



Today

Stations of the Cross — Stations of the Cross takes place at 7 p.m. in the chapel sanctuary. A soup social will follow. For more information, call 6-3890 or the chapel at 6-6441.

Saturday

Men's Bible study — A men's Bible study, "Power of a Praying Husband" meets at 9 a.m. in the consolidated club complex's Low Places. For more information, call Brian Meeker, Bible study coordinator, at 6-5661.

Black History Month extravaganza — A Black History Month extravaganza is at the consolidated club complex. For more information, call 6-3501.

Sunday

Combined chapel service — The chapel offers a combined Protestant service at 11:15 a.m. in the base chapel. For more information, call 6-6441.

Monday

USAFE Annual Awards — Tickets for the U.S. Air Forces in Europe's Annual Awards Banquet are available for purchase until March 25. The banquet is April 2 at 6 p.m. at the Ramstein AB Officers' Club. The tickets are \$23 for club members and \$26 for non-members. For more information, call squadron first sergeants.

Wednesday

Smoking cessation — The health and wellness center offers a smoking cessation class every Wednesday for four weeks starting March 3. People can either attend at noon or 6 p.m. For more information or to sign up, call 6-4292.

Dorm council — The Incirlik

dorm council meets Wednesday at noon in the consolidated club complex Piper Room. For more information, call Tech. Sgt. Ken Winfield, 39th Contracting Squadron contract specialist, at 6-8075.

Thursday

Toastmasters — Toastmasters International meets the first and third Thursday of every month from 11:30 a.m. to 12:30 p.m. in the consolidated club complex Piper Room. For more information, call Staff Sgt. Sheris Poisson, Toastmasters vice president, at 6-6954.

Upcoming

Spouses — The International Spouses' Group is meeting March 9 from 5:30 to 7:30 p.m. at the Family Support Center to talk about managing taxes in mixed-nationality marriages. For more information, call Nancy Shrope at 6-6755.

Annual awards banquet — Team Incirlik's annual awards banquet is March 11 at 6 p.m. in the consolidated club complex Turan Ballroom. Dress is semi-formal or mess dress for military people and semi-formal for civilians. Prices start at \$15. For reservations, call Senior Master Sgt. James Robertson, 39th Security Forces Squadron first sergeant, at 6-8310 or e-mail james.robertson@incirlik.af.mil before Monday.

Flower arranging — The skills development center offers an Easter floral decoration class March 11 from 5 to 8 p.m. For more information, call 6-3858.

Pet neutering — An Army veterinary team will be at Incirlik AB March 7-12 to perform neutering surgery for pets. If someone has a pet that needs to be neutered and is not on the list, call the veterinary clinic at 6-3119.

Club member appreciation — The club membership appreciation breakfast is March 25 from 6:30 to 8:30 a.m. Non-members will be charged \$5.95, guests \$2.95, children 6 to 12 \$1.95 and children

under 5 are free. For more information, call the club at 6-6101.

Family Night — Family Night at the club is March 25 from 5 to 7 p.m. For more information, call the club at 6-6101.

Ongoing

Consolidated Club changes — The club will reduce selected services beginning Monday. The club will not serve breakfast Tuesdays and Saturdays and will start closing at 4 p.m. on Tuesday afternoons. The two for one steak night will move from Tuesdays to Thursdays. For more information, call the club administration at 6-6101.

Airlift/Tanker Assoc. — Incirlik AB is forming a new chapter of the Airlift/Tanker Association. A/TA is an organization that promotes the development of the nation's air mobility capabilities and supports the research and advancement of aerospace power through scholarships, financial

loans and grants. For more information, call Lt. Col. Janon Ellis, 728th Air Mobility Squadron, at 6-6710.

Girl Scouts — The Incirlik Girl Scouts are looking for an overseas committee chair. Applicants must have managerial, verbal and written communication skills, and 18 months time left on station. For more information, call Donna Pena at 6-6800, or Wendy Dostart at 6-2353.

Boy Scout volunteers — Boy Scout Troop 218 seeks a scoutmaster, assistant scoutmasters and other volunteers. For more information, call Luke Dechant, troop committee chairman, at 6-5527 or e-mail lucas.dechant@incirlik.af.mil.

Language classes — The community center offers both conversational English and conversational Turkish classes from 6 to 8 p.m. Cost is \$25 for four classes. For more information, call 6-6966.

COMBAT & SPECIAL INTEREST PROGRAMS



Saturday

X-Box tournament — The community center is hosting an X-Box tournament at 12:30 p.m. The championship tournament will kick off at 7:30 p.m. For more information, call 6-6966.

Sunday

Project CHEER chess tournament — The community center sponsors a chess tournament from 6 to 8 p.m. Cost is \$2 per person. Winner takes cash. For more information, call 6-6966.

Ongoing

Hidden Heroes volunteers — The Hidden Heroes office seeks volunteers. For more in-

formation or to view a list of volunteer opportunities, call 6-6755.

Combat CARE car care — The family support center is giving away vouchers for free minor car maintenance to family members of deployed servicemembers. For more information, call the FSC at 6-6755.

Upcoming

National Volunteer Week — Volunteers are needed to plan events and activities for National Volunteer Week April 18-24. For more information or to volunteer, call Christina at 6-6755.

WARRIOR OF THE WEEK



Senior Airman Heather Davidson,
39th Logistics Readiness Squadron
Traffic Management Office clerk

Time on station: Eight months
Hometown: Southington, Conn.
Hobbies: Traveling, skiing and snowboarding
How do you contribute to the air base group's mission? "I work in inbound

freight and receive all the cargo that comes into the base. I make sure the property gets to the respected squadron or person in a timely manner, and if the property doesn't belong to this facility, then I do a quick turn-around and send it to the proper location."

What's your favorite motto and why? "'No Worries,' because any problem can be fixed so there is no point in worrying about it."

What Air Force core value best describes you, and why? "Excellence in all we do. I take pride in my work."

Supervisor's quote: "Senior Airman Davidson's performance stands out well above her peers," said Staff Sgt. Anika Cobb, NCO in charge of inbound. "She sets the example for her peers to follow as she excels in the ranks. She certainly exemplifies service before self and excellence in all she does. She already has what it takes to become a good NCO."

YOUR TURN



To submit a question for "Your Turn," call 6-6060 or e-mail tip.sword@incirlik.af.mil

What quality do you most value in a supervisor, and why?

"Honesty because it's important to know where you stand and what's required of the job."

— **Janet Culbreth,**
Defense Commissary Agency,
Kapaun Air Station, Germany



"Dignity. I think a supervisor that has dignity will pass it on and those who work for that person will admire him more."

— **Army Spc. Jason Boyle,** 10th Mountain Division, Fort Drum, N.Y.



"Taking care of people so they know they matter and their input is important to the mission."

— **Senior Master Sgt. Barbara Gill,** 39th Comptroller Squadron



"Experience. Experience gives you structure and a good foundation for the future."

— **Airman 1st Class Nakisha Jones,** 39th Medical Squadron



"Honesty. If a supervisor is honest with you, especially in a feedback session, then you know where you need to be."

— **Tech. Sgt. Brian Pederson,** 39th Security Forces Squadron



CLASSIFIEDS

For sale: 1989 Toyota Town Ace 4-wheel drive van, great condition, low mileage, \$3,200. Call Tonya at 6-2129 or 6-8070.

For sale: Floor model television, older but in great condition, great for kid's play room or for games, cable ready with input and output jacks. Call Staff Sgt. Smith at 6-6729 or 6-5254.

For sale: Couch, loveseat and recliner, all recline, \$1,000; crib, mattress, sheet set, padding and diaper holder, \$150; Graco car seat (infant, toddler and booster), \$60; wet vacuum carpet cleaner, used four times, \$50; patio set with umbrella, \$100; matching swing with extra cushion covers, \$50; men's bike, \$20; and women's bike, \$50. Call 6-2236.

For sale: Six-piece entertainment center, made at Redwoods, made less than eight months ago, \$1,500 OBO. Call Dave at 6-2372.

For sale: Antique carpets from Kayseri, can't

find in the Alley, \$750 each. Call 6-5683.

For sale: Assorted toddler toys, including easel with clip, Legos, trucks, a Sit-n-Spin and stuffed animals; various Tupperware products; couch; and toddler clothes; all in great condition. Call for prices at 6-5191.

For sale: Full-size couch and loveseat, floral print, very comfortable, smoke-free home, \$300 OBO. Call Jeremy or Ashley at 6-5718 (home) or 6-6757 (work).

Wanted: Dependable car, \$1,000 or less. Call Darnell or Antoinette at 6-5904.

Wanted: Outdoor play equipment (slides, plastic structures, swings, etc.). Call Davis or Amy at 6-5285.

Help wanted: Laboratory technicians, clinical microbiology experience, fluent in speaking and reading English, able to perform blood draws, salary is negotiable. Call Meredith at 6-8601 or e-mail meredithjwelsh@hotmail.com.

Help wanted: Certified medical coder at base TRICARE Service Center, provides operational support, including coding audits, analysis and review and oversight of the billing process. For more information or to apply, e-mail cover letter and resume to tricare-jobs@saic.com.

EXPRESS



In/Out Processing

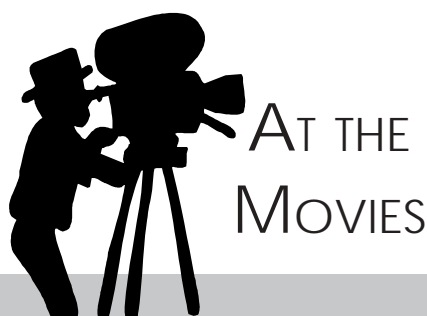
Combat Intro/Exit is a U.S. Air Forces in Europe combat program which uses the vMPF to streamline and consolidate actions into a virtual outprocessing checklist. For more information, call military personnel flight relocations at 6-3126.

Take a ride



Photos by Senior Airman James Seymore III

(Left) Terryn Hodges (left) and Robin Hollon enjoy a ride. (Right) Angela Hill tends to a horse at the stables. All are members of the Country Plains Riding Club, a private horseback riding organization. Membership offers unlimited riding access to seven horses and equipment. Cost is \$45 per month and \$55 for families. The club also offers basic horsemanship classes and riding skills classes. For more information, call Ms. Hollon, club president, at 6-5857.



At the Oasis

Today

Gothika (R) — Starring Halle Berry and Robert Downey Jr. Criminal psychologist Miranda hears confessions from a satanic patient Chloe and later has an experience with a mysterious woman. This leads to nightmares, but her life really becomes horrific when she wakes up and discovers she's been locked in her own sanitarium for



a murder that she can't remember committing. While trying to figure out what's happened and separate fact

from fiction, her colleague Pete Graham

wonders whether she's finally gone crazy. (97 minutes)



Saturday

The Haunted Mansion (PG) — Starring Eddie Murphy and Jennifer Tilly.

Real estate agent Jim and his family visit an old mansion, thinking they're just stopping by to check out the property. But soon the Evers' crew is stranded there, along with 999 creepy ghosts. Mr. Evers discovers that the only way to escape from the spooky house is to find a key. (98 minutes)

Love Actually (R) — Starring Hugh Grant and Martine McCutcheon. Everywhere you look love is causing chaos. Lives and loves collide, mingle and finally climax on Christmas Eve — again and again and again — with romantic, poignant and funny consequences for all. (125 minutes)



Thursday

Honey (PG-13) — Starring Jessica Alba

and Mekhi Phifer Honey Daniels is an up-and-coming choreographer who finds her career in jeopardy after she refuses to reciprocate the sexual advances of a music-industry bigwig. Determined to pick herself back up, Honey goes back to the inner-city of her youth with plans of starting a dance school. (94 minutes)



At the M1

Cold Mountain (R) — 12 p.m., 3 p.m., 6 p.m., 9:15 p.m. and midnight (155 minutes)

Dumb and Dumberer — 11:30 a.m., 1:30 p.m., 3:30 p.m., 5:30 p.m., 7:30 p.m., 9:15 p.m. and 11:30 p.m.

Mona Lisa Smile — 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m. and 11:45 p.m.

Kill Bill: Volume 1 — 12:30 p.m., 2:45 p.m., 5 p.m., 7:15 p.m. and 9:30 p.m.

The Last Samurai (R) — 11:30 a.m., 2:30 p.m., 5:30 p.m. and midnight (154 minutes)

The provision of movie information does not constitute an endorsement by the 39th Air Base Group, U.S. government, Department of Defense or Department of the U.S. Air Force.